



# UNIVERSITY OF LINCOLN

## Science Foundation Year



Holistic development  
underpins academic  
success

*"Tools to keep myself  
balanced and productive"*

*"More motivated to plan  
my studying in relation to  
reaching my goals"*

Supports inclusive  
transition into  
Higher Education

*"I can change my  
mind-set, it's not set  
in stone"*

*"Able to understand  
how to maintain  
positive mental  
health"*

Developed in  
response to student-  
identified skill gaps

Expert speakers from  
across the institution

*"Made me more  
optimistic"*

*"Aware of people to  
go to and places to  
go for support"*

Enables a diverse  
student cohort  
to thrive

*"Life changing"*

*"I love how they give  
importance to wellbeing  
and mental health.... really  
important nowadays  
because stress forms part  
of our everyday lives"*

Embedded into  
core lectures



Ellie Davison, Tom Hobson, Jayne Hopkins